

Your heart can stop suddenly.

You can choke to death on your own vomit.

You can get burned from fire and explosions.

This program is administered by LifeSkills, Regional Prevention Center



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www.StopInhalantAbuse.org



SO K E A L I N G

Inhalants poison
your body and
can cause

face sores

nose bleeds

mouth ulcers

vomiting

brain damage

nerve destruction

inability to think

liver damage

vision loss

lung devastation

memory impairment

kidney trauma

hearing problems

loss of balance

numbness

death

Sound like fun?

WHAT ARE INHALANTS?



Inhalants are gases and vapors from products used in homes, shops, offices, and schools that, when inhaled, have a drug-like effect. But because they are poisons, toxins, and pollutants, they can damage many parts of your body — like your lungs, brain, nerves, kidney, or liver — and can cause death from heart failure, accidents, and fires and explosions.

Q

Are inhalants addictive?



A

YES. And if you become addicted you may have headaches, chills, stomach cramps, seizures and cravings when you try to stop using. Over time, inhalant abusers need more and more — which increases the damage these poisons do to the body.

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Doesn't it take much use before you're in danger?



A

NO. Just one time use of an inhalant can kill you. Or the 10th, or the 100th. Even if you have used before, there is no way to know how the next time will affect you.

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Since inhalants are found in household products, aren't they safe?

A

These products are safe when used according to the directions on the label and for the purposes for which they were made. Concentrating the vapors or using products without enough ventilation and fresh air makes them dangerous.

**YOU NEED OXYGEN!
DON'T POLLUTE YOUR BODY
WITH CHEMICALS.**

For more information contact the Monroe County Alliance for Inhalant Prevention at:

(270) 487-0622



**BE A FRIEND
YOU MIGHT SAVE A LIFE**

Q

What can you do to help someone who is using inhalants?



A

If someone you know has been using inhalants, don't be afraid to ask for help. Talk to a school counselor, nurse, parent, trusted adult, or friend. You may be saving someone's life.